

Intergenerational Connections and health & wellbeing

A short session to explore
intergenerational connections in
our communities.



**Generations
Working
Together**

Why it's good to connect Connect Generations

- Share time and take part in opportunities in community to nurture younger and older people.
- Alleviate social isolation and loneliness.
- Break down stereotyping.
- Share skills and resources that each may have
- Media reports seldom analyse Share common issues.



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Bringing gens together from

- Social connections
- Care Homes
- Nurseries
- Sheltered Housing
- Community HUBS
- Playlist for life
- Local schools
- Colleges
- Community Groups
- Befrienders

- Basically anything out there that connects younger and older people



The Snow Queen Intergenerational Project

- which brought together residents from Erskine Home and young people from a local school together who participated in workshops incorporating movement, storytelling, visual art, and music.
- You can see the resource online :
https://issuu.com/scottishballet1/docs/sq_intergenerational_project_fa_s



Edinburgh Garden Partners

- a good example of a gardening project who develop partnerships across generations and different backgrounds, between people who have called Edinburgh home their whole lives and those only recently arrived – including as refugees. Most of the garden owners are older people, who tend to live in houses in the south side of the city. Their volunteers tend to be people living in tenements, or houses with more limited growing space.



Edinburgh Garden Partners



Feeling Safe and sharing ideas

living in a neighbourhood that is safe, where other people can be seen on the streets. Feeling safe encourages all people (older and younger) to engage more in their community sharing stories and getting to know others;

- Gardening
- Sport
- Dancing
- Learning a new language
- Sharing heritage
- Sharing food
- Penfriends
- Art
- And more





Ageism and Stereotypes

- Portray older and younger people as a benefit to our communities.
- Create more opportunities for younger and older people.
- Age friendly environments for all
- Younger and older people are part of the solution.

The benefits of Intergenerational practice



For older people

- Opportunity to socialise
- sense of belonging
- Reduce social isolation 'loneliness'
- Improved Mental Health and Wellbeing
- Improved physical health
- Improved resilience

For younger people

- Improved confidence in communication
- Opportunity to develop relationships with older people
- Equal status with older people – breaking norms
- Positive contact with adults
- Being listened to by older people
- Improved self confidence – 'I can do that'
- Opportunity to impart learning



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A few thoughts

- Look at your community and the people you are linking with?
- Think about joining GWT network its FREE?
- Do people feel safe in their community?
- Community local schools eco groups are they good way to connect with community safety?
- Trust and connections listening to teenagers and breaking down barriers between younger and older people?



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Resources & Support

- GWT provides [training](#), [network support](#), and [resources](#) to enable people see the value of intergenerational connections and to recognise the importance of these approaches for health and wellbeing. [Membership](#) is **FREE** for anyone living in Scotland. Here is a link to further reading [Intergenerational Approaches to improving health & wellbeing](#).
- Contact [Bella](#) for further information.

Thank you for listening.

Please get in touch if you have any other thoughts that you would like to share after today's session.

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**Generations
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**UK Research
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